

### Abstract

A sanitizing method utilizing a portable bidet is disclosed. A portable bidet is provided, consisting of a container having a liquid contained therein, with the liquid being discharged from the container under pressure onto a genital or anal region of a user. The container may be sealed, and may have a nozzle. The container may be deformable, so that pressure is imparted through a squeezing action, or may have a pressurized gas source to create pressure.